

# Recipes

## Breakfast Casserole

10 slices of bread, cut in squares  
2 cups (8 oz) sharp low-fat  
cheddar cheese, grated  
2 oz. extra lean cubed, cooked  
ham (optional)  
6 eggs, slightly beaten  
2 cups fat-free or 1% low-fat  
milk  
 $\frac{1}{4}$  tsp poultry seasoning

In a 2-quart baking dish,  
combine cubed bread, grated  
cheese, and ham (if desired). In  
a separate bowl, beat together  
eggs, milk, and poultry seasoning.  
Pour over bread mixture. Cover  
and refrigerate overnight. Bake  
at 350 degrees, uncovered for  
1 hour or until knife comes out  
clean. Refrigerate leftovers.  
Serves 8

## 'Nilla Banana Ice

Blend together 1 cup of 1% low-  
fat or fat-free milk, banana  
slices, ice and some vanilla

## Super Soup

Make a bowl of chicken soup  
creamier with 1 can of 1% low-  
fat or fat-free milk instead of  
water

## Mocha Milk Chiller

Try 8 ounces of new low-fat  
milk flavors such as mocha,  
cookies-and-cream and orange

## Orange Milksicle

Freeze low-fat orange flavored  
milk in Popsicle containers

## Mousse Madness

Stir together 8 ounces of low-  
fat chocolate milk and lite  
frozen whipped topping

## Milk Steamer

Warm up 1 cup of flavored low-  
fat milk (such as mocha) and  
sprinkle with cinnamon